

The Spirit

www.sjcspirit.com

Brooklyn, NY

September 2014

Vol V, Ed I

A New Chapter for St. Joseph's College: Welcome to President Jack Calareso

By Jessica Jacolbe

In a process that began in October 2013, St. Joseph's College began the search for a new chapter in its history. After being honored for 17 years with the presidency of Sister Elizabeth Hill, there came a time for transition within the college leadership. To find the leader and sole person who can represent the St. Joseph's College mission is not easy. This fall, the college is proud to welcome Dr. Jack Calareso, the new president of St. Joseph's College.

It is the beginning of a new school year and a critical time in history for the St. Joseph's College community. Dr. Calareso, who has previously served as the president of Anna Maria College in Paxton, Massachusetts, will be the first non-religious leader of the college. He does plan, however, to respect the mission and history that the Sisters of St. Joseph have ingrained within the school, while at the same time advancing the college's goals. "I think the mission and goals of SJC are already very clear and very powerful," he says, "Traditions are an important part of every college. We need to continue our traditions, but create new ones that reflect today's students."

Hailing from Massachusetts (and a proud Red Sox fan), Dr. Calareso has arrived to Brooklyn in just the past few months and is still acclimating to the environment of the city. Much like it is for the students who come from various parts of New York City, our unique and quaint Clinton Hill neighborhood is a new atmosphere for

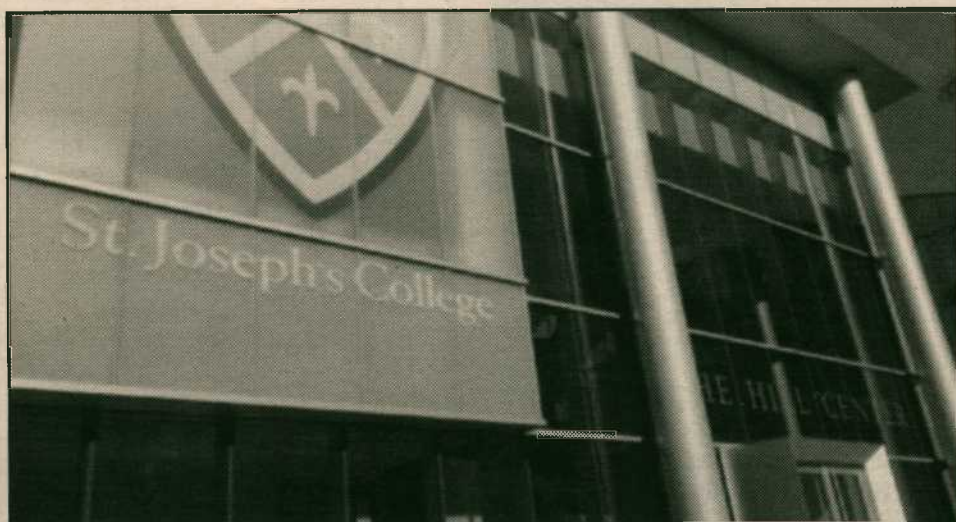
Dr. Calareso. It is a special place that has grown close to those students as well as to the faculty who spend just as much time at the college. It is the people, though, that were the main reason that Dr. Calareso decided to take the opportunity here. "What really convinced me to accept the invitation to come to SJC was the time I was able to spend with students, faculty, staff and alumni during the interview process," he recalls, "The best part of any college is the people, the community. We have a great community at SJC and I am honored to be a part of it."

While he says that it is still too early to truly experience any visible change within the college from before, Dr. Calareso assures all concerned that the main focus of the administrators will remain on academic excellence. Like most new kids on the block, Dr. Calareso needs your help in order to help you. "I encourage students to stop by my office at any time," he says, "to share their ideas, suggestions, comments, or just to say 'hello.'"

With St. Joseph College's bicentennial approaching in 2016, a large administrative change has come upon the college. Along with this new president, there is also a new interim academic dean (Dr. Jill Rehmann has replaced the recently resigned Dr. Richard Greenwald), and at the end of this year Sister Loretta McGrann will step down as provost. Dr. Calareso sees a positive side to all of this change. Change is good and it is inevitable. A new chapter within its long running history may be just what the college needs.



Inside the Long-Awaited Gymnasium: This is Hill Hall



By Anna Carbone

At this time last year, 212 Vanderbilt Avenue was just a cacophony of steel beams, concrete, and glass. Now it's The Hill Center: a state-of-the-art facility designed for the St. Joseph's College community. The college's sports information director, Anthony Macapugay, has been posting progress updates on the SJC Bears social media sites, but if you don't keep up with that (which you should!) you're probably wondering what this new building entails.

Upon entrance to The Hill Center, you're welcomed by televisions, a trophy case, and a concession stand. To the left is the Frank P. Carbone Court, which is named in honor of SJC's very own athletic director.

The court is decked out with the Bears' logo and an up-to-date scoreboard.

The court leads to a team room, a locker room for the visiting team, and locker rooms for the Bears and Lady Bears. The court is overlooked by the offices of the athletic board and by the VIP room, located on the second floor. This room can be rented to families or other guests for home games. It can also be used during events.

Also on the second floor are the coaches' offices and a fitness center with brand new equipment and weights. A locker room with showers is also available for student usage. There's also a meeting room where video conferences can be held. A studio is located on -

(Continued on Page 4)

facebook.com/
sjcspirit

Follow Us
Online

spirit
publishing
company

Send us your
submissions

@sjcspirit

Attn: writers,
artists, editors!
Come join The
Spirit!

Student Life & Academics

Top Choices for Local Cuisine

By: Addi Tomlinson

St. Joseph's College lies in the heart of the neighborhood of Clinton Hill, nestled between Dekalb and Myrtle Avenues, two of the main arteries in Brooklyn, streets filled to the brim with cafes and restaurants. The campus is a short walk and a stone's throw away from almost any type of cuisine you can think of. From Mediterranean Hookah Bars to good ol' fashion burger joints, SJC has the top pick when it comes to eateries in Brooklyn.

Outlined here are a few front-runners when it comes to grabbing a fast lunch in between classes or a quick coffee beforehand. Being in tune with one's surroundings is always important in the city, especially when it comes to good eats.

Castro's Mexican Café: A delightful hole-in-the-wall type joint with the best authentic Mexican food around, this small café offers yummy burritos and great lunch specials. Arrive with a full belly because the burritos are enormous! Location: 511 Myrtle Ave

Myrtle Thai: Delicious spicy Thai cuisine

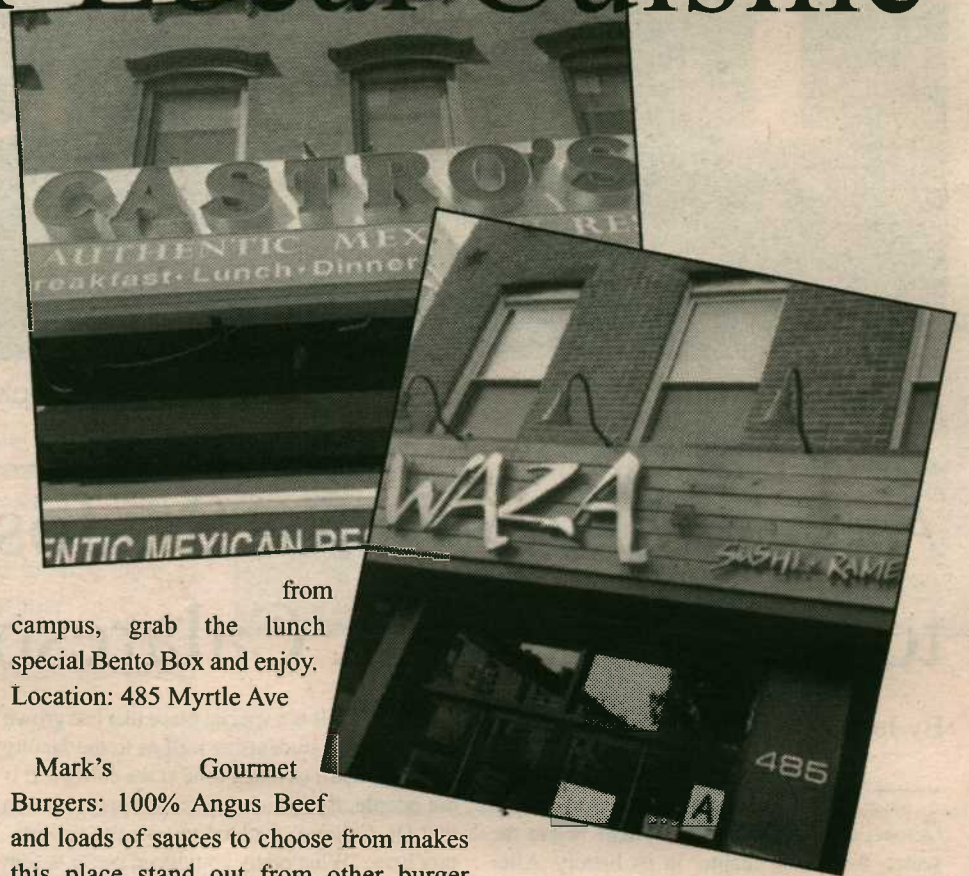
is served at this clean place of business with very reasonable lunch specials. Get an entrée and appetizer for around seven dollars. Try the pineapple fried rice, so good! Location: 438 Myrtle Ave

Urban Vintage: A cozy yet spacious coffee joint that has the best cookies and croissants. This place is great for doing your school work in, reading, or meeting friends. The living room quality of the interior allows for ultimate relaxation while you work. Location: 294 Grand Ave

The Joint: A quaint coffee and sandwich shop with all the right vibes. Check out this place on a break in between classes and grab a cup of Joe or a latte. Location: 471 Myrtle Ave

Kum Kau: A fast and tasty Chinese joint located a short walk away from campus. The wide variety of dishes is bound to make everyone happy. Walk over for lunch or get it delivered to campus. Location: 463 Myrtle Ave

Waza Sushi and Ramen: Fresh, flavorful sushi and light and succulent ramen dishes at decent prices. A close trip



from campus, grab the lunch special Bento Box and enjoy. Location: 485 Myrtle Ave

Mark's Gourmet Burgers: 100% Angus Beef and loads of sauces to choose from makes this place stand out from other burger restaurants. Location: 441 Myrtle Ave

Commuter Tips: The Start of a New School Year

By: Rebecca Peeler

The start of a new semester, whether it is your first or last, can be a stressful time, and the last thing you want to worry about is the commuting situation. New York City can be a commuter's paradise, but if you're not equipped with the proper tools and knowledge, commuting can be a horrific nightmare.

St. Joseph's College is accessible from several different subway lines. The closest subway stop is Clinton-Washington Avenue on the G line, two blocks away from Tuohy Hall. Although this is the closest stop there are some disclaimers to be made about the G line.

First, the actual G train is shorter than other trains. While waiting on the platform for the train to arrive, it is essential to stand in the center of the platform. If you find yourself closer to the ends you'll probably be running to make the shuttle before it takes off. The G line has a nickname: the ghost train. From my personal experience, the G is rarely on time and doesn't seem to run as often as the other trains.

Other subway lines to take are the A and C. The Clinton-Washington stop on the local C line (it's the same station name as the G stop but is actually a different stop altogether) is within ten walking minutes of SJC. The A is an express train that passes over Clinton-Washington, so if you are commuting from Manhattan or Brooklyn, make sure to transfer over to the C. The A and C lines are far more reliable than the G, and you can expect a train every 10-15 minutes during normal commuter hours. If you live off the 2,3,4,5,B, or Q lines you can hop off at Atlantic Avenue and walk about 17



minutes to reach campus.

If you're a bicyclist there are two places to park your ride: St. Angela's Hall and behind the Hill Center. If you're a driver, things get little bit more complicated. Parking in the city is often an expensive and arduous task. In order to park in the student parking lot located under the Hill Center, students must file an application and purchase a tag for \$50. Unfortunately, the purchase of this tag does not guarantee you a parking spot, as the garage functions on a first come, first serve basis.

The parking garage is equipped with two-layer stackers to maximize space. Student Life has not provided an exact

number of vehicles the garage can maintain, but after walking around the garage I estimate the garage can accommodate anywhere from 70 to 75 cars. (Editor's Note: This is only a rough estimate. Don't take it to court.) If you don't want to roll the dice and pay \$50 to get a possible parking spot, then there's always the option of finding street parking. The only downside to this (aside from driving around and searching) is having to be aware of the city's alternate side parking rules as well as local no-parking zones.

Hopefully you've gotten some tips from this, and getting to school will now be the least of your worries!

The SPIRIT Staff

Editor-in-Chief:
Jessica Jacolbe

Managing Editors:
Grace Chamoun
Addi Tomlinson

Senate Rep:
Lauren Kelly

Treasurer:
Adriana Dibenedetto

Social Media:
Mya Abraham

Advisor:
Tom Hoefner

STAFF WRITERS

Anna Carbone
Peter Jafferakos
Inna Kim
David Louison
David Lugo
Trey Norwood
Rebecca Peeler
Thomas Rushin

WORD AROUND CAMPUS: What Are the Must-Take Classes at SJC?

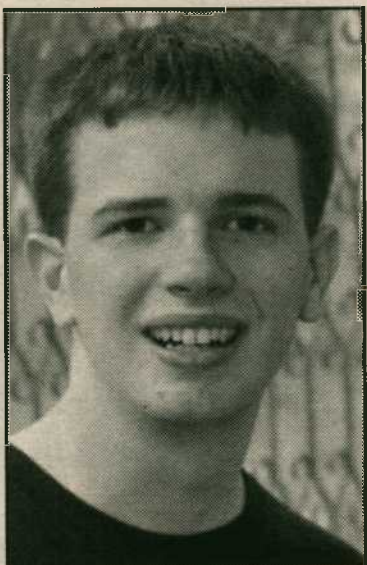


Kristina Hernandez

Sociology, Criminal Justice '16

SOC 136: Social Problems.

It introduces you to issues, both global and national, with an in-depth and unbiased perspective. Immigration, corporate power, media consolidation, and political participation of college students are all among the topics covered. The teacher that taught the class the semester I took it, Dr. Mirella Landriscina, was so passionate and enthusiastic that it was hard for me to not also be passionate and enthusiastic about what she was saying.



Mike Zwosta

Mathematics Education '16

CS 211: Foundations of Childhood Education.

Dr. Karen Russo exposes her students to issues that affect students, educators, staff, and parents in elementary school environments. The assignments are intriguing and creative, and you will leave her class with autonomy and confidence.



Leticia Salazar

Business Administration '16

BUS 130: Organizational Behavior.

You'll learn about teamwork, leadership, and how to cope with change, amongst other topics. This class will not only benefit a business major student but all students, because in a real life scenario we will all work with people we will like or dislike and we'll have to learn how to adapt to unexpected change at any given moment.



Lauren Cantinella

Child Study '15

CS 121: Psychology of the Exceptional Child. It was all about the exceptional child and I felt the class was very informational, and Professor Cohen taught it with such enthusiasm. Her enthusiasm made it very interesting and kept me wanting to learn more.



Jessica Fabiano

Psychology, English '16

BIO 115 - Intro to Human Inheritance.

The professor treated us with respect and as equals. She was extremely personable and helpful. Plus, I did really well in the class. Before graduating, a student should take something completely out of their comfort zone and unrelated to their major. For me, that happened to be a genetics class.

College Living in the SJC Dorms

By Lauren Kelly

Welcome to the Hotel St. George! If you were expecting a wild "sooo college" experience dorming with St. Joseph's College, you're going to be very disappointed.

There are no toga parties, kegs in the hallway, or frat houses down the street, but that is not to say it won't be one of the best experiences of your life. Sure, the shower pressure is more than occasionally awful and there might be times when the building just cuts your water off completely, leaving you to dredge the 30 feet down Clark Street with slippers and conditioner-soaked hair in order to use the showers at the gym. You'll laugh about it with the other fifteen people using the gym showers and it

"When your other friends who went away to school talk about how beautiful their campus is, don't forget to throw it out there that New York City is now your campus."

will soon become a mutually understood point of reference for how bad a day can get. Failed a quiz you didn't know you were having? At least you didn't fail a quiz and have the water shut off on you in the middle of the shower! When this does happen, EHS (Education Housing Services, the company that runs the dorms) will give you free breakfast the next morning in return, I promise. Similarly, the

free coffee offered during finals week always seems like a godsend, as does free pizza, no matter when it's offered.

EHS is a big fan of free things; namely, food and activities. They come up with some pretty ridiculous events that you'll see advertised on a daily basis in the elevator. Go with a friend, meet the other people in the building who were weird enough to clear their Saturday night to make a rhinestone disco ball, and get to know their stories.

The St. George is filled with students from virtually every part of the world and one of the greatest things about living there is the exposure to all of the rich culture. You'll see people in the kitchen making dishes that seem completely foreign to you as you throw chicken nuggets in the oven.

It's also cool to be friends with the men and women who work security at the desk. First and foremost, they're awesome, hardworking people and most people walk by them each day without so much as a hello. Secondly, kindness goes a long way when it's 12:01 and you want to sign in a friend but forgot to fill out an overnight form. The security guard's watch might just happen to read 11:59. You never know.

When your other friends who went away to school talk about how beautiful their campus is, don't forget to throw it out there that New York City is now your campus and you aren't impressed by their "upstate New York foliage" Instagram pictures. You have Central Park for that. You have all of Brooklyn and Manhattan. If you're willing to

get creative, there are so many opportunities to take advantage of your surroundings on a typical college student budget.

Brooklyn Bridge Park is a great place to enjoy a bike ride along the water, or have a picnic with friends. Its great view of Manhattan coupled with the fact that it offers free WiFi can even make studying for exams more exciting.

New York is not meant for the sedentary, so spring for a Metrocard (or a Citi Bike, if you dare) and let the explorations begin.

With the exception of a halfway decent shower, you have it all at the St. George, so don't forget to breathe deep and take it in.

Inside the Long-Awaited Gymnasium

(Continued from Page 1)

- this floor that can be used for dance, yoga, and other classes. This room also provides access to the balcony that has a great view; students can do work and enjoy lunch here! The floor above has the training facility for the athletes. This room will have therapeutic hot and cold baths, multiple training tables, and a taping station.

St. Joseph's motto, "Esse non videri" (to be, not to seem) will definitely resonate at this facil-

ity. The Hill Center is not just here to add to the aesthetics of Vanderbilt Avenue, but it is also meant to give people who don't have access to this kind of recreation center a chance to experience it.

The Student-Athlete Advisory Committee is looking to coordinate events involving not only the students and faculty, but the community surrounding the school. SAAC is hoping to utilize the talents of the sports teams to get children and people with disabilities engaged.

Hopefully, student involvement will increase with the new Hill Center, whether through usage of the fitness center or attendance at sporting events! The first official sporting event will be a women's volleyball game on September 19th at 6pm. And keep an eye out for other potential events, such as Midnight Madness!

For more updates and photos, follow @SJCBears on Twitter and Instagram.



Meet the Sports Captains

David Louison
Basketball
Criminal Justice '15



"My greatest accomplishment as captain has not been on the court, it has been the opportunity to lead and develop a strong brotherhood with a wonderful set of young men."

Rosario DiLorenzo
Baseball
Sports Management '16



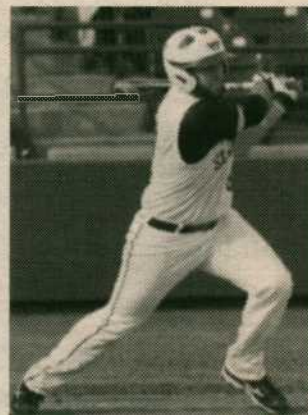
"There may be people more talented than you but there is no excuse for anyone to word harder than you."

Domenick Camerada
Baseball
Criminal Justice '15



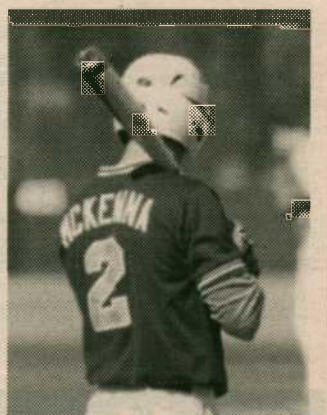
"Being a part of the Bears not only makes your college experience enjoyable but it grants you the privilege of forming brotherhoods that will last a lifetime."

Vincent Rossi
Baseball
Therapeutic Recreation '15



"When you put on your jersey, the name on the front is more important than the name on the back."

Thomas McKenna
Baseball
Criminal Justice '15



"Always play for the guy next to you."

Taso Kostikas
Volleyball
Mathematics '16



"Don't be afraid to put yourself out there and get involved. You won't regret it."

Raul Urshela
Men's Soccer
Biology '15



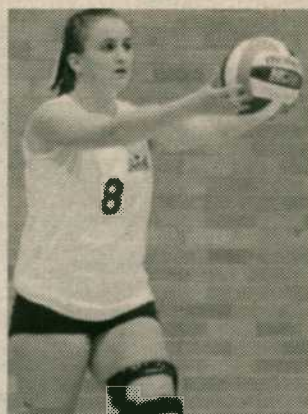
"Being a Bear isn't about the X's and O's, but about the opportunity to better yourself, learn hard work, and become a better leader."

Shannon Rom
Women's Soccer
Psychology '15



"You can give everything but up."

Jennifer Moncino
Women's Volleyball
Child Study, Speech Pathology '15



"Getting involved at St. Joseph's was the best choice I made. It opened my eyes to so many new things."

Morgan Summers
Swimming
Child Study '16



"When you dive in, all the noise and sights surrounding you disappear, and all that is left is you and the water."